PENNTHORPE WELLBEING WEEK 2020



HOW DO WE REDUCE THE GAP BETWEEN US AND OUR INCREASINGLY INDEPENDENT CHILD?





What is the gap?

The pull that parents feel between letting their 'tweenagers' go and grow and keeping them safe.



'Our job as parents is not only to keep them safe but to set them up to be adults who can go out in the world and communicate effectively with others; who are respectful of themselves and others; who can show empathy; who are self-motivated; able to make decisions and take responsibility for those decisions; who are, in short, emotionally intelligent and, therefore, well placed to become the best adults they can be.'

Alicia Drummond 2013





Common challenges

- Handling your tween changing
- Battles to do homework
- Helping your tween to master organisation
- Screen time skirmishes!
- Encouraging healthy eating
- Getting to school on time!
- ✤ Bedtime and sleep.





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Handling your tween changing

- Talk to your tween and more importantly listen
- Give warnings about consequences
- Try to maintain a routine
- Create new rituals
- Offer choices where possible to give your tween a sense of independence
- Let them be upset at times
- ✤ Focus on positives.







The battle to do homework

- Timing help outline when homework should be tackled and how long should be spent on it
- Consult 'Show My Homework' and the 'Prep Diary' to understand what the task entails
- Encourage your tween; give support and guidance if it is needed
- Talk to your tween about choosing quality over quantity
- 🗢 Communicate
- Facilitate your tween's independence.
 Let go!



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Organisation is key

- ✤ Name everything!
- Encourage independence,
 responsibility and ownership
- Encourage your tween to use checklists
- Break tasks into chunks
- Be clear and use positive prompts
- ➡ Establish daily routines.







Screen time skirmishes

- Set a good example yourself!
- 🗢 🛛 Be present
- Establish ground rules, and stick to them!
- Keep screens out of bedrooms and charge in a central area
- ✤ Communicate
- Stop using screens at least 1 hour before bedtime
- ✤ Encourage other activities.

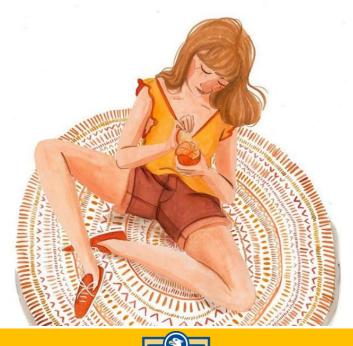






The importance of nourishment

- 🗢 🛛 Prioritise breakfast
- Encourage a variety of food groups
- Aim to have all the colours of the rainbow on your tween's plate
- Advocate a balanced diet, which includes treats sometimes
- Consult the school menus with your tween and help to identify things you know they will like
- Encourage your tween to drink plenty of water.



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Getting to school with no drama

- Get to bed on time
- Get organised the night before
- Establish a routine, and stick to it
- 🗢 🛛 Keep calm
- Encourage your tween to use checklists
- No screens or TV before school
- Encourage independence; let your tween go and teach them about consequences.





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Bedtime and Sleep

- No screens at least 1 hour before lights out
- Establish an evening routine, and stick to it
- Include some reflection or relaxation in the routine, such as keeping a diary, reading a book, having a chat
- Keep regular sleep and wake times
- Ensure your tween's sleeping environment is comfortable
- 7-12 year olds should aim to get 9-10 hours sleep per night.





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Remember

There is no such thing as the perfect parent and as a child you wouldn't want one!



